

What's In Our Newsletter

- **Principal Scoop**
- **On the Ball & On the Go**
- **Out & About Class News**
- **Friend on the Fridge**

What's Happening at CPS

Thursday 18 November
Kinder Transition program
- 'Countdown to Kinder'
9:00am until 11:30am

Friday 19 November
Stage 3 (Years 5 & 6)
Personal Development
Lessons

Thursday 2 December
Year 6 Farewell at Culcairn
Bowling & Recreations Club

Wednesday 8 December
Celebration of Learning

Thursday 16 December
Last day Term 4 2021

Tuesday 1 February 2022
Years 1 to 6 return to school

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PRINCIPAL SCOOP

Staff Movement

Miss Kate Taylor is currently on leave for the remainder of 2021. As a result, Mr Kent will teach Class 3-4 and Miss Spinelli will teach Release from Face to Face (RFF) and K-1 Maths and Inquisitive (History and Geography).

COVID-19 Protocols

With Covid-19 having been detected within Greater Hume and Albury Shires recently, it is important that we are following the Covid-19 protocols to keep all our students, staff and the school community safe. It is vital that if your child/ren is unwell they remain at home until symptoms disappear. If they have any flu like symptoms (runny nose, sore throat, cough, etc) they must get a Covid-19 test and isolate until they receive a negative result. The school also needs a copy of the negative test result. If your child is a close contact of a positive Covid-19 case, they must remain at home for 7 days if vaccinated and 14 days if unvaccinated. They will also need to be tested on day 1, 6 and 12. Further information is included in this newsletter

COVID-19 Restrictions

There has been a slight easing of restrictions with fully vaccinated parents allowed to enter school sites for specific reasons ie face to face meetings. Fully vaccinated visitors are also allowed on site to deliver educational programs. Outdoor assemblies are also now permissible for students, but parents or visitors are still excluded. Please note that when you come on site you must login at the school office using our QR Code and show your vaccination certificate to our office staff.

Celebrating our students

A reminder that our annual Celebration of Learning will be held on Wednesday 8 December at 9:30am. Unfortunately parents and carers are not able to attend. Students receiving their awards will be filmed and distributed for parents and carers to view.

Year 6 Orientation at BHS

Due to HSC exams, the full day Year 6 orientation to Billabong High School will not take place on Tuesday 23 November. We will inform parents and students when the new date is confirmed.

Tell them from me

We are once again participating in the Partners in Learning Parent Survey. The survey asks parent and carers a number of questions to do with their child/ren's schooling. The feedback is valuable as it enables us to make practical improvements. The survey takes around 10 minutes to complete and can be accessed at <https://nsw.tellthemfromme.com/dt64r>.

Annual Food Hampers

As in previous years, we are asking families to send in food and other small items for our annual Christmas Hampers. These hampers will be donated to families in our school community. Any items you can spare will be greatly appreciated and can be left in the tub, which will be just inside the school gates each morning.

Measuring their learning

Teachers are currently finalising assessments and completing student reports, which will be sent home on Wednesday 15 December.

Yours in Education

Craig Allibon
PRINCIPAL

**Student banking for
Commonwealth Bank accounts
will finish Monday 6 December
2021 we have been advised that
due to ASIC restrictions, Student
Banking **will not** continue in 2022**



Class K-1

Thank you to the families who came to watch our Music Extravaganza. This week we have begun learning some Christmas songs. Please return all home readers this week. Home reading for the remainder of the year will be books from home or PM ecollection readers. If you need the username and password please send a message on ClassDojo. ClassDojo winners: Week 5 - Gabrielle Bryant, Asher Hill, Shikyla Hayes-O'Grady, Dolcie Phillips, Mason Buchhorn, Jack Hadfield, Jacob Rolton; Week 6 - Shikyla Hayes-O'Grady, Noah Dixon, Tarlen McAllister, Amelia Scheetz. Bronze Awards - Gabrielle Bryant, Grace Gilmour-Sim, Asher Hill, Amelia Walsh, Jack Hadfield, Jacob Rolton, Teddy Wilksch, Audrey Gilmour-Sim, Kahu Pittman-Sears.

Class 1-2

Last week students enjoyed learning about Remembrance Day and its ongoing significance. Thank you to those who continue to send in Home Learning and Home Reading each week. There have been so many students cashing in their ClassDojo points at the DojoShop, that the prize box has been replenished with some new and exciting prizes. Lots of students have been regularly borrowing from the library which is so great to see. Don't forget to return them on Friday.

Class 3-4

Well done to all students from 3-4 who have been participating in the Boccia competition during lunch times with Ms Mazzocchi. We have been learning about Global Warming in Science and have created some great persuasive texts on several global warming issues. Congratulations to all those students who have cashed in ClassDojo points in the last week. Enjoy your prizes.

Class 4-5

This Friday Year 5 will be participating in a Personal Development Day. Notes will need to be returned by Friday, if you need another note please let me know via ClassDojo. We have been learning all about time in Maths. We have been converting 24-hour time to 12-hour time as well as creating and viewing timetables. We have begun a 4-5 kindness challenge which has both students and staff completing daily kindness tasks. It has been fun. Have a good week.

Class 5-6

Today we enjoyed a virtual excursion to the Art Gallery of NSW, continuing our learning as part of the HOME art program. We are looking forward to our art session with an indigenous artist in the coming weeks. We are awaiting a new date for our Year 6 transition to high school day. Information will be sent home as soon as we are made aware of the date. Only a bit over 2 weeks until the Year 6 Farewell dinner, please ensure notes and money are returned by next week.

Close contacts of COVID-19

If you have been told you are a close contact of someone with COVID-19:

- **If you are fully vaccinated:**
 - self-isolate for 7 days
 - get tested straight away and again on day 6
 - leave self-isolation after 7 days if your test on day 6 is negative, you feel well and you have had no further contact with a COVID-19 positive person
 - for the following 7 days, work from home if you can and do not attend a high-risk setting (healthcare, aged care, disability care, early childhood centres, primary school and correctional facilities) even if it is your place of work
 - get tested again on day 12.
- **If you are not fully vaccinated:**
 - self-isolate for 14 days
 - get tested straight away, on day 6 and again on day 12
 - leave self-isolation after 14 days if your test on day 12 is negative, you feel well and you have had no further contact with a COVID-19 positive person.
- **If you have had COVID-19 in the past six months** you will generally not be considered a close contact and you do not need to self-isolate or get a test unless you have symptoms.

What do I need to do?

Self-isolation and testing requirements for close contacts are different based on vaccination status.

Fully vaccinated close contact

2 doses completed at least 14 days before you last had contact with a COVID-19 case.

1. **Self-isolate for 7 days**
7 full 24-hour periods from the date you last had contact with the COVID-19 positive person.
For example, if you last had contact with the positive person at 10am Tuesday, you must self-isolate until 10am the following Tuesday.
2. **Get tested – immediately, and again on day 6**
3. **Leave self-isolation after 7 days**
You can leave self-isolation after 7 days if your test on day 6 is negative, you feel well and you have had no further contact with a COVID-19 positive person
4. **Limit activity for another week**
For the next 7 days, you must work from home where possible and not go to high risk settings (health care, aged care, disability care, early childhood centres, primary school and correctional facilities)
5. **Get tested again on day 12**

If you live with a COVID-19 positive person and have not been isolating from them, you should only leave self-isolation after 14 days have passed from when the person received their positive result. To end isolation, you need to have a negative day 12 test, feel well and have had no further contact with any other COVID-19 positive persons.

Not fully vaccinated close contact

0 or 1 dose or 2 doses completed less than 14 days since you last had contact with a COVID-19 case.

1. Self-isolate for 14 days

14 full 24-hour periods from the date you last had contact with the COVID-19 positive person

2. Get tested – immediately, on day 6 and again on day 12

3. Leave self-isolation

You can leave self-isolation after 14 days if your test on day 12 is negative, you feel well and you have had no further contact with a COVID-19 positive person

What if I have already had COVID-19?

If you have had COVID-19 in the past six months you will generally not be considered a close contact and you do not need to self-isolate or get a test unless you have symptoms.

What if I get symptoms while in self-isolation?

If you get any COVID-19 symptoms during self-isolation, get tested at your [nearest convenient testing clinic](#) as soon as possible.

- Do not visit people, shops or anywhere else on the way to or from the testing centre.
- Travel by private vehicle, ride or walk. Do not use public transport.
- Wear a face mask that covers your nose and mouth.
- Tell the testing clinic staff if you are a close contact of a person with COVID-19.
- If you cannot get to a testing clinic, call your GP for advice on testing. If your GP is unable to arrange COVID-19 home testing, call the NSW Health Isolation Support Line on 1800 943 553.
- If you live with someone who works in healthcare, aged care, disability or correctional facilities, it is important that they speak to their employer before returning to work.

When can I leave self-isolation?

You can end your self-isolation when you've completed the steps required as outlined in the section 'What do I need to do'

You do not need confirmation from NSW Health to end your self-isolation, however you need to be able to show evidence of your negative COVID-19 test results if asked by NSW Health or by Police.

What is self-isolation?

Self-isolation means you must stay at your home or accommodation and remain separated from others, even if you are fully vaccinated or feel well. People with COVID-19 or who are close contacts must self-isolate to help stop the spread of COVID-19 to other people.

Self-isolation means you cannot:

- Go to work or school
- Go to any public places (e.g. shops, parks, beaches)
- Use public transport
- Have any visitors in your home, unless they are providing healthcare, emergency maintenance or emergency services.

You are only allowed to leave your home or accommodation to get a COVID-19 test, for urgent medical care or in an emergency (including to avoid injury or escape the risk of harm from domestic violence).

If you need to leave for any of these reasons, you should travel by private vehicle, ride or walk. You must wear a face mask, stay 1.5m away from anyone else, travel directly to and from where you need to go and self-isolate in suitable accommodation as soon as possible.

Where can I self-isolate?

You should spend your self-isolation period at the place you are staying. This may be your home, a hotel, motel or other form of accommodation, and you must be able to safely stay there and separate from all other people.

If you are not already at home when you find out that you need to self-isolate, you must immediately get tested and travel by private car directly (without stopping) to your accommodation.

If you can't access a private car, or you are staying in temporary accommodation that ends before you will complete your self-isolation period, please call the NSW Health Isolation Support Line on 1800 943 553 for advice and assistance.

Further information for accessing testing and self-isolation is available [Travelling for testing and self-isolation](#) and the [Self-Isolation Guideline](#).

You may be told to self-isolate in a different accommodation such as a quarantine facility, hospital or other medical facility by a designated health practitioner or an authorised contact tracer (including an officer in the NSW Department of Education) at any time if they determine you cannot safely isolate at your home.

How can I self-isolate safely within my home?

If you live with other people, you must keep completely separated from them during your self-isolation period.

Physically distance

This means:

- Stay and sleep in a separate room
- Use a separate bathroom if available, or clean a shared bathroom after use
- Do not be in the same room as another person (even if they are also in isolation)
- Do not share household items including dishes, cups, towels and bedding. After using these items, wash them thoroughly with soap.

What should the people I live with do?

If you live with a person who you cannot keep separated from (e.g. a child or carer where alternative arrangements cannot be made) and:

- They are fully vaccinated - they do not need to self-isolate with you, but they must not attend high-risk settings (health care, aged care, disability care, early childhood centres, primary school and correctional facilities) during your isolation period. If they work in one of these settings, their employer may do a risk assessment to allow them to return to work.
- They are NOT fully vaccinated - they must self-isolate with you for your isolation period.

Practice good hygiene

- Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitiser:
 - before entering an area where other people may go
 - before touching things used by other people
 - after using the bathroom
 - after coughing or sneezing
 - before putting on, and after removing face masks
 - before eating or drinking.
- Cover coughs and sneezes.

- Regularly clean all surfaces you touch as much as possible (such as tabletops, doorknobs, and bathroom fixtures) by using household disinfectant or diluted bleach solution.
- Wear a mask in shared areas or when caring for other members of your household.

Take extra care to remain separate from any members of your household who are elderly, immunocompromised or have medical conditions such as heart, lung or kidney problems.

What if I live in an apartment building?

If you have to self-isolate and live in an apartment building, you will need to follow some extra steps to protect other building residents from COVID-19.

- You must remain inside your own unit. You should not use shared laundry facilities, or any other common areas, such as a gym, pool or shared outdoor area.
- Wash your clothes inside your own unit. Neighbours or friends should not do your laundry.
- Ask a neighbour or contact your building manager about collecting your rubbish. Leave the rubbish outside your door, return inside your unit, and close your door. The other person can collect the rubbish and should wear gloves and a surgical mask while doing this, and thoroughly wash their hands afterwards.
- If you are receiving deliveries including food to your home, please ask that it is left outside your door. Do not open the door to pick up the delivery unless you are wearing a mask and the corridor is empty.

What support is available while I am in self-isolation?

Coping with self-isolation

Self-isolating can be difficult for you, your family and everyone living with you. Strategies to help you cope include:

- Keep up a daily routine as much as possible.
- Keep in touch with family and friends via telephone, social media or email.
- Exercise inside your home, on your private balcony or in your backyard using home exercise equipment, if available.
- Take care of yourself and try to eat healthy foods.

Welfare and clinical support

If you need other practical support or have non-urgent health related questions during isolation call 1800 943 553.

If you start to feel unwell and your symptoms get worse contact your Local Health District clinical team, your doctor, or call Healthdirect (1800 022 222) if you need health advice. Let them know you are currently self-isolating due to COVID-19.

In an emergency call Triple Zero (000) for example if you are having trouble breathing or have pain in your chest. Ambulance services are for emergencies and are provided free of charge to people who are confirmed or suspected to have COVID-19. Hospital care for COVID-19 is free.

Food and other essential supplies

Ask your family or friends who do not live with you to help by picking up groceries and medicines as needed, or you can order food online or by telephone. Ask them to leave the food on your doorstep and wait until they have left before opening the door with a mask on.

If you have no other way of obtaining food or other essentials call the NSW Health Isolation Support Line on 1800 943 553 and you will be directed to Service NSW for assistance.

Mental health and domestic violence support

For mental health support

- NSW Mental Health Line – 1800 011 511
- Beyond Blue helpline – 1800 512 348
- Lifeline – 13 11 14
- Or visit the Service NSW [Mental wellbeing resources](#)

- NSW Health has partnered with Sonder to provide a personal wellbeing service, available to help support you. The app provides access to 24/7 multilingual chat & phone access to a range of mental health, medical and wellbeing support services. You can [download the Sonder app](#) for free. You may also receive a text message from Sonder notifying you that you have free access to the app through NSW Health. Downloading the app is optional and Sonder do not retain or use your data for any other purpose than notifying you of this service.

For domestic violence support

- National sexual assault and domestic violence helpline – 1800 RESPECT (1800 737 732)
- Kids Helpline – 1800 55 1800.



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Fortnightly Calendar Updates Your Friend on the Fridge!

TERM 4 2021

Week 7

Wednesday	17 November	LUNCH ORDERS from Mumma J's
Thursday	18 November	Final Kinder Transition 9:00am - 11:30am
Friday	19 November	LUNCH ORDERS from Mumma J's

Week 8

Monday	22 November	
Tuesday	21 November	
Wednesday	22 November	LUNCH ORDERS from Mumma J's
Thursday	23 November	
Friday	24 November	LUNCH ORDERS from Mumma J's

Week 9

Monday	27 November	
Tuesday	28 November	